




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 Sit & Be Fit 12:45 "Red/White or Blue" BINGO <small>Canada Day</small>	2 9:00 Strength Tr Creativity Corner 11:00 Melted bead craft-Mobile 1:00 Trivia	3 Center Closed County Holiday	4  <small>Independence Day</small>
5 	6 Center Closed	7 9:00 Strength Tr 10:30 Wii Bowling 12:45 Let's talk about being "Off the Beaten Path" 1:00 Back Road Attractions Trivia	8 10:30 Sit & Be Fit 10:30 Nurse Steve "Allergies" 11:00 Butterfly Craft project with Daycare 12:45 "Boxed" BINGO	9 9:00 Strength Tr Creativity Corner 11:00 Melted bead craft 11:45 Nutrition Minute 1:00 Trivia	10 10:00 – 3:00 Lunch out & Wal-Mart Shopping Charlestown, WV	11 <i>Department trips for July:</i> <i>7/24-Shrewsbury Amish Market</i> <i>7/31 Severn River Cruise</i>
12 PICNIC Don't forget to sign up by July 17!	13 Center Closed	14 9:00 Strength Tr 10:30 Wii Bowling 12:00 Church Lunch 12:45 Word Games 5:30 PIZZA & Card Party	15 10:30 Sit & Be Fit 11:30 Lunch out with Friends	16 9:00 Strength Tr Creativity Corner 11:00 Melted bead craft 1:00 Camping Junk Draw Detective	17 10:15 Card Games 11:00 Wii Bowling 12:00 Waffle Bar <u>Join us for lunch and make your own waffle w/toppings.</u>	18
19 	20 Center Closed	21 9:00 Strength Tr 10:30 Wii Bowling 11:00 "What am I?" 1:00 Back Roads Ice Cream Trip	22 10:30 Sit & Be Fit 11:00 Let's walk the Beaten Pathway 12:45 "Bathroom" BINGO	23 9:00 Strength Tr BRUNSWICK PICNIC inside at City Park 10:30 – 1:30 Music & entertainment	24 10:15 Card Games 11:00 Wii Bowling 12:00 Boxed lunch 1:00 Local Shopping	25 
26	27 Center Closed	28 9:00 Strength Tr 10:30 Wii Bowling 12:45 "Poison Ivy" No friend of mine! 5:30 Dinner & Card Party	29 10:30 Sit & Be Fit 11:30 BP Self-check 12:45 "Snack" BINGO	30 9:00 Strength Tr Center Closed Staff Training	31 10:15 Card Games 11:00 Wii Bowling 12:00 Boxed lunch 1:00 Local Shopping	